



June in review E-News from STRIDE

Message from the CEO

Critical Volunteer Shortage!

STRIDE is suffering from a shortage of volunteers since the pandemic. This has resulted in a reduction of manpower, impacting the effectiveness of various programs. According to a recent U.S. Census Bureau and AmeriCorps survey, formal volunteer participation was 23.2%, dropping 7% between 2019 and 2021 – the largest decrease recorded since it started in 2002. Historically, volunteering has been strongest among college graduates, married people, and people with children. However, many Millennials and Generation Z'ers are delaying those traditional markers of adulthood, volunteering at lower rates, researchers report. The pandemic played a role, as fears about getting sick led some people to break their volunteering habit. Many did not return, instead putting their attention on their families or their own needs.

The need for the services we provide has not decreased, in fact it has increased. While our programs themselves are solvent, the lack of volunteers is hindering some program's success. It is essential to focus on cultivating the young generation as the next wave of volunteers. Unfortunately, the vanishing work ethic has made it difficult to find motivated individuals willing to step up and help, as their focus is more on balance and themselves. We urge everyone to find the joy in giving time in service to others to be 'your balance'. Your contribution can make a huge difference in this global crisis, and will change the life of a child who faces challenges everyday. And the ripple effect interfaces to the family and community at large, making our world 'more balanced'. Please join us. Step outside your comfort zone!

With Deep Appreciation,
Mare Whitney, CEO & Founder



Amazing Athlete Chance Thiebault as an Employee!

Chance Thiebault (19) has been gracing STRIDE with his angelic voice for many years as a guest singer of the National Anthem and other songs at many of our events.

Most recently, he sang at the Strides 4 STRIDE 5K seen here with Senator Jake Ashby and Mare Whitney. Chance is in his last year of High School at Averill Park, and has been working with Northeast Association for the Blind (NABA) with Employment Specialist Lauren Sirken, who has been a STRIDE volunteer ski instructor for years.

This summer Chance will join our staff at the office with his job coach to gain valuable experience in an office environment. His goal though, is to work with young children. Last summer Chance had the opportunity to work in a classroom as an aide and loved the kids. We hope to give him some experience with our youth programs too, particularly the Respite program.

Chance starts with us July 5, and we wish him luck. When you call the office, say hello. Chance will be answering our phone calls!



Strides 4 STRIDE raises Awareness and a bonus of nearly \$13,000 4 Programs

SCORE Camping Season is Here..we need Volunteer Counselors to Glamp with us!

We are excited to announce SCORE Camping Program in its 12th year offering weekends of adventure in the woods. Our camp offers 86 acres of beautiful woods, trails, a pond,

and fire pits for tent camping. We welcome kids with disabilities



and provide a 1 to 1 volunteer ratio for them. We have planned 6 theme weekends with exciting activities and field trips. Thanks to a generous grant from Seymour Fox, we are able to offer this experience free of charge to our participants. The central lodge features firepits, and all meals are included. Come join us for a weekend of fun, relaxation, and adventure in the great outdoors!



- Deepest sympathies to the family & Friends of our Long time Honorary and founding Board member Tom Haffner on his passing.
- Congrats to Charlie Reutemann and family on birth of #2 child!
- Best of Luck to Eagle Scout candidate Benjamin Brewer who will be building a new fishing dock at our SCORE
- Congrats to ALL the Graduates out there!! Summer is here!!



I Can Bike 2023 - HUGE success!

This year the Learn to Ride program is brought to us with a grant from the William Gundry Broughton Foundation. We were able to accept 40 children, and fortunate to have over 50 volunteers to cover the need for two to one rider ratio. This is the first time we were 100% full since 2019! We also awarded 6 DHC Scholarships to athletes. Allison Ryan, Program Director said "Such a fantastic group of youth volunteers, many with experience, who helped out every day. As my first time running this program - it was amazing! Successful on so many levels!" Thanks also goes to Union College who has donated the Messa Ice Rink and outdoor track for many years; and their great food service. Also to Freihofer Bakeries for breakfast treats



STRIDE NYSO Competitive Bowling Team
celebrate their hard-work and achievements
at State Championships



A great day for building awareness for STRIDE! Over 110 runners, walkers and rollers took part. The storms and rain cleared just in time for perfect weather to compete. We were able to host the complete event with the after party at the Albany Pump Station.

Thank you to our many volunteers, [GE HealthCare](#), [STORM Varsity Hockey](#) and [Albany Police Athletic League, Inc.](#) A special thank you to our amazing sponsors, [The Spinney Group](#), [CapCom FCU Business](#), [C.M. Fox Real Estate](#), [CDPHP](#), [DeCrescente Distributing](#), [Lavelle & Finn LLP](#), [NPA Financial. LLC](#), [Phillips Hardware](#), [Rust-Oleum](#), [Pioneer](#), [Hannaford](#), [Freihofer's Baking Co.](#), [Stewart's Shops](#), [CH Evans/Albany Pump Station](#). Thank you for supporting STRIDE and our athletes.

STRIDE CAMPING

Camp Volunteers Needed!

6/23-6/25 Adventure Weekend: This adventure packed weekend will include going to Jiminy Peak's Aerial & Mountain Adventure park. Enjoy climbing through the trees, ziplining, rides, trampolines and much more.

7/7-7/9 Music & Movement: Campers will enjoy making their own instruments, karaoke, singing/dancing around the campfire with musical guests, and watching a live production of Footloose the musical at Mac-Haydn Theatre!

7/21-7/23 Animal & Nature: Campers will have the opportunity to go fishing, enjoy nature walks, and go on a field trip to see more than 180 exotic & indigenous animals at the Trevor Zoo!

8/4-8/6 Funathon Weekend: This weekend will be a blend of sports and crafts. Friendly competition is healthy, and campers will have the chance to hone their skills in horseshoes, kickball, swimming at Crellin Park, and show off your creativity with fun craft projects.

8/18-8/20 Military Boot Camp 4 Kids: Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, and learn more about military life! Campers will go to Catamount's Adventure course with their vet as their guide.

9/8-9/19 Water Ski Adventure: Beat the late summer heat with all things aquatic! From making your own tie-dye t-shirts to water balloon fight with friends, you'll get to wrap up the weekend with an adaptive water skiing trip to Leaps of Faith in Connecticut! Wheelchair users are especially encouraged to participate this weekend.

SIGN UP TO VOLUNTEER TODAY!

ARYAN@STRIDE.ORG

See volunteer requirements at

<https://www.stride.org/score-center/>

2182 State Route 203, Chatham, NY
(across from John Deere dealer)



6/23 - 6/25 Adventure Weekend

2023 Youth Camping

8/4 - 8/6 Funathon Weekend

This weekend will be a blend of sports and crafts. Friendly competition is healthy.





Eight of STRIDE's new adult competitive team bowlers took part in [Special Olympics State Summer Games](#) on Saturday June 10th at Midway Lanes in Vestal, New York.; winning team gold and a Team bronze in the morning competitions. Five athletes won individual Gold, one silver and two bronze.

Participants were Zachary Roberts, Tyshaun Tonic, Christian Grugan, Edward Lawless, Edward Vendetti, Linda Bulger, Gabe Perez and Anthony Curro.

All athletes did a great job representing STRIDE and the Capital Region at State Games. More importantly they all had fun!

Congratulations on a successful first year!

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8/18 - 8/20 Military Boot Camp 4 Kids

First time participants only! Veterans are the counselors for this special weekend. Campers will learn military jargon, walk in line, raise a flag, and learn more about military life! Campers will go to Catamount's Adventure course with their vet as their guide.

9/8 - 9/10 Water Ski Adventure

Beat the late summer heat with all things aquatic! From making your own tie-dye t-shirts to water balloon fight with friends, you'll get to wrap up the weekend with an adaptive water skiing trip to [Leaps of Faith](#) in Connecticut. **Wheelchair users are especially encouraged to participate this weekend.**

A \$25 program admin fee is required to participate. Failure to cancel without notice could result in losing future spots.



Camp location: Camp SCORE - 2182 State Route 203, Chatham, NY (across from John Deere dealership)

Camp Times: This is an overnight camp. Drop off - Friday after 5:00pm Pick up - Sunday 12:00pm

To enroll you MUST fill out the camper registration packet, find it on our website www.stride.org/sports/camp-score/

For questions, contact STRIDE Program Director Alli Ryan - aryan@stride.org

Home Sled Hockey Tournament to continue!

With great thanks to the Dralla Foundation, we will host our 2nd annual [Upstate STRIDE Sled Hockey Invitational](#) coming this fall at our home rink, Albany Hockey Facility. Dates and times TBD.



Ages: 12+

Time: 9am - 3pm

When: Sunday, July 16th

Cost: FREE for athletes & STRIDE Wounded Warriors

Guest Cost: \$69

Where: Beaverbrook Outfitters, 3921 Rt. 28, North Creek, NY 12853

First time participants get priority until June 16th



Athletes 21 and below must be accompanied by a caregiver.

To enroll you **MUST** contact STRIDE Program Coordinator

Alli Ryan | aryan@stride.org

STRIDE Adaptive Sports
2023 Friday Fun & Fit



Program

6pm - 7pm: Fitness
Burn energy with activities!

7pm - 8pm: Dinner
All food allergens will be
accommodated!

8pm - 9pm: Activity Crafts, VR
or a movie!

RESPITE: 3 hours
responsibility-free for parents!
Run errands, or date night!

Ages 5-21
one to one with a
volunteer



Program Dates:

April 21st, May 12th,
June 9th, July 14th,
August 11th, September
8th, October 13th,
November 17th and
December 8th

We need Volunteers!

Contact
aryan@stride.org

6:00pm - 9:00pm
4482 NY HIGHWAY 150
WEST SAND LAKE, NY
12196 BUILDING #2



Play FORESTRIDE!!
Get your Team together now!

**The Society of Financial Service
Professionals 4th Annual Golf Outing
to benefit STRIDE Adaptive Sports**

Cornhole | Pickleball | Bocce

All Wednesday's in July

5:30PM-6:30PM

Families are welcome to bring a picnic dinner and
enjoy our outdoor patio space!

Up to date registration / waivers, and a \$25 program
admin fee are required to participate.

To enroll you must contact the Program Director
Alli Ryan | aryan@stride.org



Did you know that our SHARE Center has space for fun outdoor
activities? Join us on Wednesday nights in July, for yard games
on our new pickleball and bocce court! **OPEN TO ANYONE!!**

June Donors

HEARTFELT THANK YOU TO OUR
DONORS!!! We would like to take
this opportunity to thank June
contributors for their financial and in-kind support. These
contributions help make STRIDE adaptive programs possible.



Individual Donors

Darlene DeMott
Maithao Le
Bob & Sue DeSantis
Linda Kinner

Corporations, Stores & Resorts

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Sled Hockey Donations

Building on Love – Cap Cup 2023
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In Memory of Mrs. Elizabeth Bulger

Amy de Soyza

In Memory of Thomas Haffner

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Lisa & Joel Litvin
Susan Farley Harper
Susan Dobra
Heidi White
Michael Diffley
Mare & J.J. Whitney

Monday, September 25, 2023

Colonie Country Club

Foursome: \$700

9 am Registration
10 am Shotgun Start
3 pm Happy Hour, Putting Contest
4 pm Dinner & Guest Speaker



For more information, contact Susan Tobin at 518-366-6213

Victoria Verbitt
Virginia McCoy
Claudia & Robert Conkey
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In Honor of Mary Ellen Whitney
Savell Quinn

In Honor of Kiernan Hills
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Michele Troy-Ryder

In Kind Donations:
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Julia Altshul
Brianna Kerns
Bryan Darby
Kim Wilson
9 Anonymous Donors



Donate your Clean NY Bottles & Cans

Mention **STRIDE Adaptive Sports**

Your donation is given to STRIDE!
Donation Locations:

East Greenbush: E.G. Bottle &

Can Co. - 594 Columbia Tpke East Greenbush NY

Wynantskill: 6 Cent Redemption - 461 Main Ave
Wynantskill NY

Rensselaer: 6 Cent Redemption - 550 South St Rensselaer
NY

Ravena: Just Makes Cents - 2381 Rt 9W Ravena NY

Questions contact INFO@STRIDE.ORG

DONATE Directly at WWW.STRIDE.ORG

THANK YOU FOR YOUR SUPPORT

STRIDE Awarded Multiple Grants

STRIDE has been the recipient of several grant awards this spring given to support our adaptive sport and recreation programs.



"Each of our programs are transformative to the lives of youth with disabilities and Wounded Warriors," said Founder & CEO [Mary Ellen Whitney](#). "To have our work endorsed by so many charitable organizations reaffirms our commitment to provide life-changing adaptive sport and recreation programs."

In recent months, STRIDE was awarded grants from the [Dralla Foundation](#) which will allow us to continue the STRIDE Upstate Sled Hockey Invitational; from [Seymour Fox Memorial Foundation](#) for STRIDE's Camping Program; [US Tennis Association](#) for the adaptive tennis program and the [William Gundry Broughton Foundation](#) to underwrite the cost of the ICan Shine Bike Camp and lastly from [Killington World Cup Foundation](#) to support STRIDE's Ski Race Team.

THANK YOU! We are ever so grateful!



We have a very active "SOCIAL" life at STRIDE! Join us on [Facebook](#), for all the latest and greatest activities and resources.



STRIDE Adaptive Sports 4482 NY Highway 150 West Sand Lake NY 12196 www.stride.org 518-598-1279

STRIDE Adaptive Sports | 4482 NY Highway 150, West Sand Lake, NY 12196 www.stride.org

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